

Appendix 2. Description of the Physical Fitness Assessment

Physical Fitness Assessment	Description
One-Mile Walk	Completed on a treadmill. The individual walked as fast as possible. The treadmill had no incline and the participant was instructed to walk freely and not hold onto the handrails. The time to complete the one mile walk in minutes was used for analysis.
Sit to stand	A standard chair (17 in) without arms was used. The participant sat in the middle of the seat, with their feet shoulder width apart. The arms were crossed and held close to the chest. The subject stood completely up, then flexed their hips and knees until they touched the seat and repeated for 30 seconds. The number of complete chair stands was recorded.
Half sit-up	Individual was on their back with knees at a right angle and feet flat. Hands were palms down with the fingers touching a piece of tape. They were told to flatten their lower back, and half sit-up so their fingers move from the first piece of tape to the second (3.5 inches apart), return their shoulders and repeat. The number of half sit-ups in one minute was used for analysis.
Push up	Males started in the standard push-up position. Females did a modified push-up with knees bent and touching the floor. They were told to lower until their chest is about 2 inches from the floor and rise. The total number of push-ups was determined by performing the test until the participant could not complete any more, this number was used for analysis.
Sit and reach	The sit and reach test was completed using a standard sit and reach box. Participants were told to slowly stretch forward with both hands as far as possible and the nearest centimeter was marked. The test was performed three times with a few seconds of rest between stretches. The max reach (cm) was used for analysis.
Back scratch	Was completed in a standing position with one hand behind the head and back over the shoulder reaching as far as possible down the middle of their back and placed the other arm behind their back, palm facing outward and fingers upward. If the fingertips touch the score was zero. The distance was negative if the fingers did not touch, or positive if they overlapped (cm). The test was performed two times. The max was used for the analysis.
Body composition	The BOD POD [®] was used to assess body composition and was measured before the other physical assessments. They were told to not eat, drink, or exercise 2 hours before the assessment, asked to empty their bladder before, and remove all jewelry. It was calibrated daily to manufacturer instructions. Individuals wore a bathing suit or spandex shorts and a sports bra for women. All participants wore a swim cap provided by Life Measurement. Individuals sat comfortably and breathed normally within the chamber for 3 trials (50 seconds each). Results via Brozek's percent body fat formula using a predicted breathing were displayed and recorded.